

Epping
Forest

foodbank

O ARROZ COM FEIJÃO

(BRAZILIAN RICE AND BEANS)

SERVES 12



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Ingredients

3 tbs oil

1 small onion, finely chopped

130g white rice

3 cups water

100g diced bacon grill

1 garlic clove (optional)

1 can pinto beans (or black beans)



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Recipe

- 1 | Heat 2 tbs of oil in a saucepan.
- 2 | Add onion and fry until translucent.
- 3 | Place the beans into a colander and rinse well.
- 4 | Add rice to the saucepan. Fry over a medium heat, stirring constantly until the grains are whitish and chalky.
- 5 | Add 1 1/2 cups of water and a pinch of salt. Stir well.
- 6 | Bring to the boil and then lower the heat. Partially cover, until water has almost evaporated.
- 7 | Heat the remaining oil in a separate saucepan.
- 8 | Add the bacon and fry until golden.



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Recipe cont.

- 9 | Add the garlic if using. Lower the heat.
- 10 | Add 1/2 cup of water to the rice and cook until all the water has evaporated. Cover the pan and leave to rest.
- 11 | Add the beans to the bacon and garlic. Use the back of a spoon to smash some of the beans into a paste.
- 12 | Add a cup of water. Bring to the boil and cook until the broth is thick and brown.
- 13 | Season to taste.
- 14 | Fluff the rice with a fork and serve with the beans.



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Cost

Oil - 6p

Onion - 7p

Rice - 6p

Bacon Grill - 52p

Garlic - 15p

Beans - 55p

TOTAL - £1.41

